

LONG CREEK SCHOOL DISTRICT #17



The Mountaineer Athletic Code of Conduct

COMMITTED TO EXCELLENCE FOR EACH STUDENT/ATHLETE

LONG CREEK SCHOOL DISTRICT ATHLETIC TRAINING RULES

Any student participating in athletic/activity programs at Long Creek School must first comply with the *Long Creek School District Student Code of Conduct* and also comply with the standards of conduct as listed below during the school year. An athletic program is considered to be any athletic activity such as Soccer, Football, Volleyball, Basketball, Cheerleading, Golf, and Track. It is understood that this document presents a minimum of conduct expected while under a coach's direct supervision. These rules apply for the entire school year.

TRAINING EXPECTATIONS

All sports/activities are considered to have started and students are to obey training rules from the first day of practice for the sport they are participating until the last contest of the year in that same sport.

Practice Beginning Dates

The start dates for Soccer, Football, Volleyball, Basketball, Baseball, Golf, and Track are based on dates established by the OSAA. A parent, coach, athlete information meeting will be held prior to each sports first practice. At this meeting specific requirements for each sport will be provided for the athlete and their families.

Attendance: Practice Attendance- Each coach will set a weekly practice schedule. High School sports require 90 to 120 minutes each day. Coaches' rules are to stipulate consequences for missed practices. Students and parents should understand athletic and other extra-curricular activities require commitment to quality school work and quality competition. Students excused from any class based on physical limitations are not permitted to practice until a physician's note clears the athlete.

Students must be in the school a minimum of four periods when an excusable absence is taken. When an absence is unexcused the athlete may sit on the bench, but not participate. The determination of excused or unexcused absence is based on the Long Creek School District Student Handbook. The day prior to a Friday or Saturday competition requires the same level of attendance as to mid-week games. On mid-week away competitions attendance is mandatory the following day unless an excusable absence prevents attendance. Violation is suspension from the next game with a requirement to attend the game in street clothes. Exceptions must be approved in advance by the Superintendent by submitting a request through the Athletic Director.

Game Attendance – Each athlete is expected to attend every game on the schedule at the beginning of the season. The coach will establish notification rules at their parent meeting for students who may need to miss a game. Athletics is a commitment that should be honored as many players are relying on each other to perform at their best as a team.

Physical Examinations

Long Creek School District and the OSAA require a physical exam for all athletes. These must be on file before a student may practice or participate in any athletic activity. A physical is good for two years. The new Oregon School Athletics Association (OSAA) physical forms must be used by all student/athletes attending Long Creek School.

Necessary Forms

The following forms must be signed and on file in order to participate in extra-curricular activities:

1. Parent permission for school trips
2. Authorization and consent for treatment of minors
3. Verification of insurance coverage
4. Physical exam form
5. Signed athletic rules contract

Late Turnout Policy

Late turnouts will be allowed up to a two-week period or first two contests whichever is first. The starting date of the two-week period is to coincide with the OSAA official starting date. If the late turnout is the result of a valid medical excuse or a transfer case, then the two-week period can be waived. Late turn out rules apply as if it were a new sport season.

Lettering

Students will be given the requirements for earning a letter in an activity when they make a team. Coaches will define this as part of the initial sport meeting, lettering an athlete is ultimately the decision of the coaching staff in with review by the Athletic Director.

Dress

Students representing the school on activity trips must be dressed in a manner reflecting credit on themselves and the school. This means, no less appropriate attire than that required of students during regular school hours. A coach may set a standard for game day attire with approval of the Athletic Director.

Athletics' Review Board

The district will convene an Athletics Review Board to hear concerns of students and parents regarding the interpretations of the student/ athletes' code of conduct. The review board will consist of four individuals: a) a school board member, b) the Superintendent, c) Athletic Director (if different), d) and a coach of another sport, e) a staff member. This board will meet as soon as is feasible when a concern is raised through the athletic director. The school boards complaint policy (KL, KL-AR) will define the form to be used when registering a concern with the Athletic Director.

Appeals of Athlete Discipline

An athlete who is disciplined for violating training rules may appeal, within three (3) days of notification of discipline, his/her case before an Athletic Review Board. Any appeal must be scheduled through the Athletic Director using the correct form provided by the Athletic Director (Board Policy KL, and KL-AR).

CONDUCT FOR ELIGIBILITY

All student participants must be good citizens demonstrating good conduct at school and in the community before being allowed to represent Long Creek School District at any home or away contest. As such, any disciplinary action taken by the school will result in some penalty in athletic activities. Any student assigned to detention is subject to being ineligible to participate in any activity until the detention is completed. A suspension from school (both in-school and out-of-school) means no activity practice or participation during the period of suspension.

Arrests / Vandalism

Any conviction or any stealing, pilfering, or wanton damage committed while representing the school on a trip or activity shall result in suspension from the team for the remainder of the season. Students are personally responsible for intentional damage committed and will not be allowed to participate in any sport until the financial responsibilities are paid.

Alcohol, Tobacco, Illegal Drugs

Any possession of a tobacco product will result in a suspension as follows. 1 week of contests with all practices remaining mandatory. In addition, any possession of a tobacco product violation is automatically referred to the Grant County Juvenile Department for their action.

Any use of possession of alcohol or any illegal drugs will result in suspension for the sport they currently in. The observation of a coach, a teacher, an administrator, or the report of any law enforcement official stating the use or possession of alcohol, tobacco and /or illegal drugs will be sufficient evidence to suspend a player/participant. For purposes of these rules, POSSESSION is defined as being anywhere where alcohol is present and consumed by minors, whether or not alcohol is consumed by the athlete/participant. It is the students' responsibility to determine before arriving at a place whether alcohol, tobacco, or illegal drugs are being consumed or in possession by minors. In addition, any possession of alcohol or illegal drug violation is automatically referred to the Grant County Juvenile Department for their action.

No athlete shall dress in uniform and be with the team on the bench at any game or match while on a suspension due to academic or disciplinary reasons. They shall not be permitted to travel to and from the activity on the team bus.

GRADES FOR ELIGIBILITY

All students, regardless of their ability levels, are encouraged to take part in extracurricular activities and the many worthwhile learning experiences that these activities offer.

Long Creek School District follows OSAA guidelines for eligibility in extracurricular activities. In addition, Long Creek School District has added the following regulations.

Eligibility rules pertain to **ALL** extra-curricular activities (which could include, but are not limited to: athletics, student government, dances, prom, open gym, or any activity as identified by the superintendent) and apply to all students. Each quarter and/or semester, student/athletes must maintain a 2.0 GPA and with no "F" grades in any class, to be eligible the next quarter.

A student will be ineligible for one week by having (1) a grade point average (GPA) less than 2.0 anytime during the quarter or (2) receiving a grade of "F" in any class. It is up to the student to acquire his or her eligibility sheet on Thursday morning or the last school day of that week. Eligibility forms will be completed by lunch of the same day. Eligibility will be determined by the end of the school day and student and coach will be informed of ineligibility status. Ineligibility will start on Monday of the following week and will continue until the student becomes eligible at the end of the following week. For the first week of ineligibility, the student may still practice at the discretion of the coach but will not be allowed to play in any games. At the end of the second week and any following week, if there has not been adequate improvement or should the student become eligible and then ineligible again, that student will remain ineligible and not be allowed to participate in the activity at all, until adequate progress has been made.

Students who are ineligible may not travel with the team or join them on the bench in a home game.

ADDITIONAL EXPECTATIONS

Supervisors of co-curricular activities have the right to make rules particular to their activity. Such rules must be submitted to the Athletic Director and the Superintendent before they are given to the students. This must be done at the beginning of the activity. Any disciplinary action above the minimums may be appealed to the Review Board. Any and all disciplinary action stemming from breaking training or eligibility rules must be reported to the Superintendent and the Athletic Director as soon as possible.

Transportation

A student must ride to all contests with the team on school approved transportation. It is anticipated that all athletes will return home with the team they are associated with. At time we understand families may want to travel home together. A student / athlete may return from a contest with his/her parents or someone of the parents choosing, if prior written approval is obtained by the parent through the superintendent or the superintendent's designee. Written approval must be submitted to the coach and bus driver for a student to be released.

Dropping Out of an Activity

Anyone quitting an activity must have the consent of the Review Board before that student may begin another activity. Any student dropping an activity will not be considered for a letter, unless there is a valid medical reason substantiated by a doctor's note on file with the Athletic Director. Late turn out rules apply as if it were a new sport season.

Acceptance of Athlete Code and Warning to Families of Sports Participants

It is the school district's intent to provide any athlete with good instruction, safe equipment, and safe transportation; but we cannot eliminate all risks involved in sports/activity participation. Accidental injury, completely unrelated to any preventable cause is always possible. This warning form (the attached final page) is designed to provide the school district with a degree of protection. It is not designed to deny the rights of an injured student. Participation in extra-curricular activities is voluntary. As a condition to participation in these activities, you and your parent(s) / guardian(s) must understand the risks involved in these kinds of activities.

Participation in any athletic activity may involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor to catastrophic injury such as complete paralysis or even one's future ability to earn a living, to engage in business, social and recreational activities, and generally to enjoy life.

Activity injuries can result from the incorrect or correct performance of playing techniques used in tryout, practices, warm-up, games, drills, exercises, and other similar undertakings. Injury can also result from failing to follow the game, training, safety, or other team rules. Injury can result from the use of the transportation provided or arranged by the school district to and from an interscholastic activity.

Therefore, the purpose of this warning is to assist you in making an informed decision as to whether you/your child or ward should participate in these activities. In addition, its purpose is to make you aware as a student participant, or as a parent/guardian of a student participant, it is your responsibility to learn about and/or inquire of coaches, physicians, advisors, or other knowledgeable person about any concern that you might have at any time regarding the participant's safety.

By signing this document, we acknowledge that we have read and understand the contents of the Long Creek School District athletic training rules and warning, and give our permission for our student to participate in interscholastic activities.

It is our hope to provide your student/athlete with the highest quality experience and we hope you join us in that effort. Thank you for your support of Long Creek athletics, and we look forward to your involvement.

~ Long Creek School Board and Athletic Director

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Student / Athlete Signature

Date

Parent Signature

Date